

## Why...

- Family tension/arguments
- Concern/break up of relationship
- Bullying
- Feeling pressure to achieve
- Anxious about tests/exams
- The desire to fit in with friends
- The need to feel a sense of control, when other things might feel very much out of control
- Feeling neglected or isolated
- Experiences of emotional, or sexual abuse
- Experiences of violence
- A bereavement

## What you can do if...

- Be gently curious if you notice cuts or injuries and listen to them
- Take it seriously but don't let it become the focus of your relationship with your child.
- Stay calm, be sensitive and thoughtful
- Ask the young person how they are feeling and what you can do to help
  - Give things time

At  
Ramsden Hall Academy we....

*Keep each other safe*

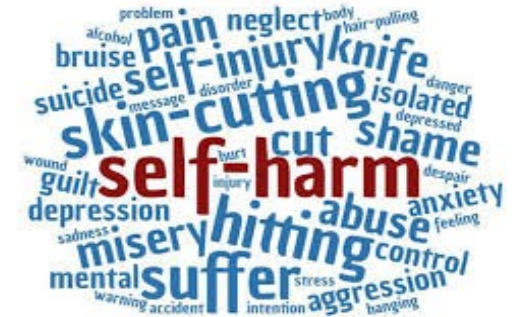
*Help each other to learn*

*look after our school*

We Help Each Other Learn



Self Harm—a guide for parents/carers



At Ramsden Hall Academy, we are committed to supporting our students at all times.

We hope you find this leaflet helpful.

Tel: 01277 624580



## What is self harm.....

Self-harm is when someone does something to intentionally hurt themselves, often as a way of expressing deep distress of a kind that they sometimes cannot put into words or even clear thoughts. Self-harm could include hair-pulling, repeated scab picking or scratching the skin. It could also include life-threatening injury such as deep cutting parts of the body.

### Common forms of Self-harm-

- Injuring oneself by scratching, cutting or burning the skin
- Hitting oneself against objects
- Taking a drug overdose
- Swallowing substances or objects

You may feel shock, disbelief and confusion to find that your child is self-harming, along with a multitude of other feelings including anger, guilt and anxiety. These reactions are commonplace and natural, but what the person you care about really needs is support from you.

Your child needs you to stay calm and listen and help them cope with very difficult feelings that build up and cannot easily be expressed. They need to find a less harmful way of coping and seeking professional advice (for example, from your GP initially) can be beneficial. Ramsden Hall Academy ©

## Overdoses

***In the event that your child takes an overdose they should attend a hospital Accident and Emergency Department as quickly as possible.***

***Try to find out what they have taken and tell the emergency medical staff***

### Some useful tips -

Keep talking. Instead of asking: 'Have you hurt yourself today?' ask: 'How are you feeling?' Take the self-harm out of the equation."

If they can't talk to you, help them find someone they can talk to."

"You can say: 'I don't know what to do or say but I'm worried about you - we need to seek help.'

"Tell them you love them unconditionally, you're there to support them and you will get through this,"

The biggest thing that people who self-harm say they want

### **Further Information /Links**

Helplines and online information:

[www.youngminds.org.uk](http://www.youngminds.org.uk) (Parent helpline: Mon-Fri 9:30-4pm)

[www.samaritans.org](http://www.samaritans.org)

[www.lifesigns.org.uk](http://www.lifesigns.org.uk)

[www.mind.org.uk](http://www.mind.org.uk)

[www.rethink.org](http://www.rethink.org)

[www.harmless.org.uk](http://www.harmless.org.uk)

[www.selfharm.co.uk](http://www.selfharm.co.uk)

[www.selfinjurysupport.org](http://www.selfinjurysupport.org)

[www.familylives.org.uk](http://www.familylives.org.uk)



## Purpose of this guide

This guide has been produced for parents and carers of young people that self-harm. It is designed to provide helpful information and suggestions at a time when parents and carers may feel confused, powerless or uncertain about how to make a sense of their child's self-harming and what to do about it.

It includes information on the nature and causes of self-harm, how to support a young person who is using self-harm as a means of coping with life and other sources of help that might be available.

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